

# A Balanced Life

Exercise Guide and Slides  
David Clayton, Sr.



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Exercise Guide  
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**Scripture Exercises**

- 3 John 2-4** God desires for me to live a balanced life.  
I desire to be faithful to the truth
- Romans 7:15** I desire to act upon truth even though it is tough.
- Luke 11:34-36** What are my eyes revealing to others about me?  
Lord, shine light into the dark areas of my soul.
- Romans 6:4**
- 2 Corinthians 5:17** Lord, let me walk in my newness of life. Remind me that I am a new creature with new attitudes, choices, thoughts, and actions.
- Lamentations 3:22-23** Lord, thank you for your daily mercies.
- Matthew 6:11** Lord, thank you for the daily bread
- Luke 9:51** Lord, let me learn from Jesus what it means to resolute.
- Proverbs 4:22-24** Lord, reveal to me my weak areas so I will not falter in times of trouble.
- Ephesians 4:22-24** Lord Jesus, let me walk in the new self filled with righteousness and holiness.

**Significant Statements**

*Prosperity is much more than an accumulation of wealth and things.*

*The daily choices you make control your destiny.*

*Facts are not always believable just because they are true.*

*Facts are not always interesting just because they are true.*

*Facts are not always relevant just because they are true.*

*Facts are not always actionable just because they are true.*

*New Year's resolutions are a great opportunity to start all over again on old habits.*

*Motivation is never permanent- it is always temporary. Like brushing your teeth, you must motivate yourself daily.*

*The most difficult thing in life is not to develop new habits- but escaping from your old ones.*

*If, by the grace of God, you will discipline yourself, being tough on yourself, your life will be much easier.*

*Quit your job at the excuse factory – it provides zero benefits.*

*Quit playing the blame game- it brings no joy- only misery.*

*You can lead a horse to water but you can't make him drink- unless you feed him salt!*

*I am confident because of who I am in Christ. I'm humble because of who I'd be without him.*

### **3 John 2-4**

**Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. It gave me great joy when some believers came and testified about your faithfulness to the truth, telling how you continue to walk in it. I have no greater joy than to hear that my children are walking in the truth.**

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ROMANS 7:15

I DO NOT  
UNDERSTAND WHAT I DO.

FOR WHAT I DO  
I WANT TO DO I do  
not do,

BUT WHAT  
I HATE I DO.

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## **Luke 11:34-36**

**Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness.**

**See to it, then, that the light within you is not darkness. Therefore, if your whole body is full of light, and no part of it dark, it will be just as full of light as when a lamp shines its light on you.”**

What?

**New Years Resolutions  
are a great opportunity  
to start all over again  
on old habits.**

## Romans 6:4

Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should **walk in newness of life.**



## 2 Corinthians 5:17

Therefore, if any man is in Christ, he is a **new creature**. Old things have passed away. Look, all things have **become new**.

**Motivation is never permanent-  
it is always temporary.**



## Lamentations 3:22-23

**The steadfast love of the Lord  
never ceases**

**His mercies** never come to an end.

**They are new every morning.**

**Great is Your faithfulness.**

Matthew 6:11

**Give us this day**

**our daily bread**

...

Like brushing your teeth,  
motivation is needed **daily**



**The most difficult thing in life is not to try a new habit- it is trying to escape from your old ones.**



As time  
approached for  
him to be taken to  
heaven, Jesus  
**resolutely (set his  
face like flint) to go**  
to Jerusalem.  
**Luke 9:51**



**If you will, by the  
grace of God, be  
tough on yourself,  
your life will be  
much easier.**





**In this world you  
will have trouble.  
But take heart. I  
have overcome the  
world.**

**John 16:33**



## Proverbs 4:22-24

**If you falter in a  
time of trouble,  
how small is  
your strength!**



**NO MORE  
EXCUSES**



## Proverbs 4:22-24

**If you falter in a  
time of trouble,  
how small is  
your strength!**



## **Ephesians 4:22-24**

**You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.**








**Feed him  
salt if you  
want to  
make him  
drink!**





I'm confident  
because of who I  
am in Christ.

I'm humble  
because of who  
I'd be without  
Christ.